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NEWS WORTH SHARING.

Vancouver man ID'd as victim of Kenya attack

Businessman caught in crossfire at Nairobi mall PAGE 15

Lions' DeMarco hits his stride

Quarterback recovers from shaky start to lead B.C. to 24-22 win over Roughriders PAGE 22

TIME TO KICK OUT THE ELAINE DANCE?

JULIA LOUIS-DREYFUS PROVES READY TO RULE AFTER TAKING HOME HER SECOND STRAIGHT EMMY FOR VEEP PAGE 14

Thousands of people march down Georgia Street as part of Sunday's Walk for Reconciliation.
ELIZABETH HAMES/FOR METRO

'We're now in the history books'

Reconciliation. Parade signals end of week during which residential-school abuse survivors testified for the record

Decades after a state-sanctioned campaign to erase First Nations culture from Canada, 70,000 aboriginals and non-aboriginals alike paraded through Vancouver during Sunday's Walk for Reconciliation, banging drums, sporting button blankets and singing traditional songs.

The walk marked the end of a week-long gathering of the Truth and Reconciliation Commission (TRC), which is tasked with documenting the often traumatic experiences of aboriginal students at Canada's former Indian Residential Schools.

Vancouver's TRC Week saw residential-school survivors, their children and grandchildren providing testimony for the historical record.

Bernice Touchie was one of those witnesses.

During her 12 years at the church-run Alberni Residential School on Vancouver Island, Touchie told the commission she was forcibly separated from her siblings, told she had an inferior culture and strapped while naked by a worker at the school.

"It was horrible," she said at Sunday's event. "There was punishment on every turn, punishment for speaking our language."

Touchie said sharing her story with the commission is a step forward in the healing process.

"It means ... our history of abuse, the legacy of the residential schools, is being told to the public," she said. "We're now in the history books."

For many at Sunday's walk, the end of Vancouver's TRC gathering only marks the beginning of a nation-wide journey toward reconciliation.

Taking the stage at Sunday's event, Justice Murray Sinclair, chair of the TRC, stressed the challenge of reconciliation "is not an aboriginal problem — this is a Canadian problem."

"Canada too must step forward and share in the pain of the shame they have created for themselves and their children today, so that their children today can also walk forward with more pride than they now know they are entitled to," he said.

Dr. Bernice King, daughter of Martin Luther King Jr. and the event's keynote speaker, echoed Sinclair's statement.

"One day, you'll all be able to join hands together and say in the words of my father — and it will be a truth in this nation — 'Free at last, free at last, thank God almighty we are free at last,'" she said.

ELIZABETH HAMES/FOR METRO

Up next

The next and final TRC Week takes place in Edmonton next spring.

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Bridge will lead to troubled waters, councillor laments

George Massey Tunnel. Replacement meant to open river to deep-sea tankers, Steves alleges

MATT KIELTYKA
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Christy Clark's decision to replace the George Massey Tunnel with a bridge isn't sitting well with a long-time Richmond councillor.

Coun. Harold Steves told Metro he's angry about the premier's shock announcement on Friday.

Of all the options on the table, Steves said a bridge connecting Richmond and Delta, via Highway 99, is the most costly and damaging.

"It will take away a tremendous amount of farmland on both sides," he said.

Clark said the replacement bridge — scheduled to begin construction in 2017 — will ease congestion and open the corridor up to future rapid-transit options.

Steves, however, called the reasoning misleading.

"There is only one reason to do it, and it's for commercial interests," he said. "They're turning over the use of the river to heavy industry, instead of light industry and fisheries like it is now."

The ports have been advocates for the bridge option, as the existing tunnel restricts deep-sea tankers from accessing the river.

With a bridge, Steves says the ports will be free to move jet fuel, coal and other resources up the river.

Supporters of the replacement plan include Delta Mayor Lois Jackson, the B.C. Road Buildings Heavy Construction Association and the Vancouver Board of Trade.

However, the Richmond councillor — who favoured twinning the existing tunnel — lamented the lack of local-government input in the project.

"After the public consultations, I assumed Metro Vancouver and the municipalities would be consulted," Steves said. "We never dreamed the province would just make a decision like this on their own."

A virtual rendering used for Friday's announcement shows a 10-lane span similar in design to the Port Mann and Alex Fraser bridges.

However, Clark said the final design and funding options, including whether the bridge will be tolled, have yet to be decided.

The project will go to tender by the end of the month.

A rendering from the promo video announcing the replacement for the George Massey Tunnel. CONTRIBUTED

'I don't know if we'll have enough people for a giant pizza. Any other ideas?'

People at the University of B.C. attempt to form the world's largest human peace sign during a concert held to mark the United Nations International Day of Peace on Saturday. DARRYL DYCK/THE CANADIAN PRESS

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Plan B? CN, feds eyeing oil-by-rail to Prince Rupert in Gateway-like quantities

CN Rail, at the urging of Chinese-owned Nexen Inc., is considering shipping Alberta bitumen to Prince Rupert by rail in quantities matching the controversial Northern Gateway pipeline, documents show.

Internal memos obtained by Greenpeace under the Access to Information Act show the rail carrier raised the proposal last March with Natural Resources Canada.

"Nexen Inc. is reportedly working with CN to examine the transportation of crude oil on CN's railway to Prince Rupert, B.C., to be loaded onto tankers for export to Asia," states a departmental briefing note setting up the March 1 meeting.

An attached CN presentation paper notes that "CN has ample capacity to run seven trains per day to match Gateway's proposed capacity."

Response

A spokesman for CN Rail told The Canadian Press in an email that "no specific crude-by-rail project to Prince Rupert (was) discussed" at the March meeting with Natural Resources Canada.

Greenpeace provided the documents to The Canadian Press.

The proposed Enbridge Northern Gateway pipeline, which would carry crude oil to Kitimat, has met fierce opposition from First Nations and environmentalists.

Greenpeace researcher Keith Stewart said the CN rail pitch has the appearance of a "Plan B" in case Northern Gateway is blocked, but that it raises "the same or greater risks." THE CANADIAN PRESS

Chilliwack. B.C. RCMP treating death of infant as possible murder

Mounties are treating the sudden death of a 14-month-old as a potential homicide.

On Friday night, RCMP were called to a house in Chilliwack where a baby girl appeared to be in medical distress.

The girl was rushed to hospital but died shortly after 11 p.m.

Although police are releasing few details about the death, the "suspicious nature" of the incident means that the region's Integrated Homicide Investigation Team (IHIT) has been called in to take over the case.

IHIT spokesperson Sgt. Jennifer Pound confirmed Saturday that one man has been taken into custody, but added that no charges have been laid.

An autopsy is required to determine the cause of death.

No further information has been released.

The investigation is ongoing. MATT KIELTYKA/METRO

Domestic homicide

Murder suspect nabbed at airport

Police say a man suspected in a domestic homicide has been arrested at Vancouver's airport.

Sgt. Jennifer Pound of the Integrated Homicide Investigation Team says Hong Manh Nguyen is a suspect in a shooting that occurred around 4 p.m. Friday at a house in 8100 block of 145th Street.

He was taken into custody around midnight Friday. Pound says a van and a firearm used in the murder have not been located.

THE CANADIAN PRESS

Cold case

Charges laid in 2004 homicide

Homicide investigators have charged two men for the murder of a 27-year-old man in Surrey almost a decade ago.

Amandeep Bath was shot and killed in September 2004 during a confrontation with two men in the 9100 block of 125th Street.

Two suspects were arrested at the time, but had the charges against them stayed in 2005. A cold-case unit undertook a review in 2012 that resulted in additional evidence and new charges. METRO

Students enter one of Emily Carr University of Art and Design's soon-to-be-vacated buildings on Granville Island on Thursday. JENNIFER GAUTHIER/METRO

Feds to study future of ECUAD buildings

Granville Island. University to begin vacating iconic home in May 2014 after 34 years

ALEX BOUTILIER
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The federal government is commissioning a $110,000 study into future uses for the Emily Carr University of Art and Design buildings once the school moves to its new campus at Great Northern Way.

The Canadian Mortgage and Housing Corporation (CMHC) is looking for a contractor to undertake the study.

"Generally speaking, the future use of the buildings will be consistent with Granville Island's mandate to support local business, arts and cultural uses," said Lisa Ono, Granville Island's manager of public affairs, in an email. "Uses may include educational institutions, artists' and artisan studios, cultural space, local retailers and others."

CMHC wants the contractor to conduct several interviews with "on-Island" parties, including artists and artisans, retailers, students, and the Granville Island Business and Community Association.

Creative engine

According to CMHC, Granville Island's 275 businesses and institutions employ approximately 2,500 people. Businesses at the tourist destination generate more than $130 million a year.

The scope of the report will include both the north and south buildings currently occupied by Emily Carr but not the parking garage connected to the south building. CMHC is encouraging potential contractors to keep the existing buildings' layout in mind, noting a building-condition assessment is currently underway. The report is due on or before Jan. 31.

In January, Premier Christy Clark announced the province would assist ECUAD to move to a new campus at Great Northern Way. The province has committed $113 million to the $134-million project, with ECUAD and its donors ponying up the balance. The move is to begin in May 2014, with an estimated completion date in 2016.

ECUAD has occupied the 198,692-square-foot campus on Granville Island since 1980. ECUAD technically owns both buildings during its lease, after which the federal government takes over.

Moe Sihota, president of the B.C. NDP. COURTESY BCNDP/FLICKR

B.C. NDP president stepping down

The president of B.C.'s New Democrats has announced he'll be stepping down as party president when his term ends in November.

Moe Sihota's announcement came three days after NDP Leader Adrian Dix said he will resign by the middle of next year, when the party elects a new leader.

"I believe the party needs a president who can be there for the full electoral cycle," Sihota said Saturday, "and I just finished doing a full electoral cycle the last four years, and there's a six-year term, so I can't do the next electoral cycle."

The party will elect a new president at its convention in Vancouver on Nov. 15.

Sihota said that will give a new generation of New Democrats the opportunity to step forward.

"I think just in the normal evolution of a political party there just comes a time when you need to refresh, re-energize and refocus, and this allows it to happen."

The New Democrats lost the May election despite polls and pundits predicting the party would form the next government.

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A Pakistani woman holds the lifeless body of her granddaughter in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Dozens killed in attack after church service

Pakistan. Taliban say bombing, which killed 78, is meant to scare off U.S. drone strikes

A pair of suicide bombers blew themselves up amid hundreds of worshippers at a historic church in northwestern Pakistan on Sunday, killing 78 people in the deadliest-ever attack against the country's Christian minority.

A wing of the Pakistani Taliban claimed responsibility, raising new questions about the government's push to strike a peace deal with the militants to end a decade-long insurgency that has killed thousands of people.

The Jundullah arm of the Taliban said they would continue to target non-Muslims until the United States stopped drone attacks in Pakistan's remote tribal region. The latest drone strike came Sunday, when missiles hit a pair of compounds in the North Waziristan tribal area, killing six suspected militants.

The attack on the All Saints Church, which wounded 141 people, occurred as worshippers were leaving after service to get a free meal offered on the front lawn, said a top government administrator, Sahibzada Anees.

"There were blasts and there was hell for all of us," said Nazir John, who was at the church along with at least 400 other worshippers.

The white walls of the church, which first opened in the late 1800s, were pockmarked with holes. Blood stained the floor and the walls.

The 78 dead included 34 women and seven children, said Interior Minister Chaudhry Nisar Ali Khan.

The number of casualties was so high that the hospital ran short of caskets for the dead and beds for the wounded, said Mian Iftikhar Hussain, a former provincial information minister who was on the scene.

THE ASSOCIATED PRESS

Aftermath

"When I got my senses back, I found nothing but smoke, dust, blood and screaming people."

Survivor Nazir John

Diplomacy

Attack puts peace deal in question

Ahmad Marwat, who identified himself as the spokesman for the Jundullah wing of the Pakistani Taliban, claimed responsibility for the attack.

"All non-Muslims in Pakistan are our target, and they will remain our target as long as America fails to stop drone strikes in our country," Marwat said by telephone.

Islamic militants have carried out dozens of attacks across the country since Pakistani Prime Minister Nawaz Sharif took office in June, even though he has made clear that he believes a peace deal is the best way to tamp down violence in the country.

"I don't think appeasement will work," said Farhatullah Babar, a senior leader of the main opposition group, the Pakistan People's Party. "This is a message from them that they don't believe in negotiations." THE ASSOCIATED PRESS

Public to see Omar Khadr for first time in 11 years

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday for an application to have his ongoing detention in an adult prison declared illegal.

"I want them to see Omar Khadr," his lawyer Dennis Edney said in an interview. "I don't want him hidden away."

Legal battle

The arguments boil down to whether his eight-year term should be construed as a single youth sentence for all five offences or as five separate but concurrent sentences of eight years each.

The Toronto-born Khadr, who turned 27 last week, will not speak during the hearing.

Khadr's last court appearance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission in Guantanamo Bay, where a few select people were allowed to watch the proceedings in person.

In exchange for his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum-security facility. THE CANADIAN PRESS

Impartiality

NSA review panel close to spymaster

Stung by public unease about details of spying by the National Security Agency, U.S. President Barack Obama selected a panel of advisers he described as independent experts to scrutinize the NSA's surveillance programs to be sure they weren't violating civil liberties. But the review panel has effectively been operating as an arm of the Office of the Director of National Intelligence, which oversees the NSA.

THE ASSOCIATED PRESS

Delisle. Military furious that it could not quietly court-martial navy spy

The Canadian military was privately furious the Harper government did not allow it to court-martial a naval intelligence officer who sold top-secret information to the Russians, as seen in a newly declassified military assessment of the Jeffrey Delisle scandal.

The rules for courts martial give the military wide latitude on what evidence is presented in public and what is kept secret. Through the court process, the public learned of lapses in the system of security clearances and that top-secret defence computers were not as secure as the military believed. THE CANADIAN PRESS

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Michel Juneau-Katsuya, a former CSIS agent who also served with the RCMP

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Relatives help a woman at the Nairobi City Mortuary after she identified the body of a victim of the mall attack in Kenya on Sunday. KHALIL SENOSI/THE ASSOCIATED PRESS

Canada offers support to Kenya

Mall attack. Baird speaks to counterpart after Canadian diplomat, businessman killed

Canada offered its support to Kenya Sunday, saying it was "prepared to do more" to help the east African country recover from a horrific terrorist attack that killed at least 68 people, including two Canadians.

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunman opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals.

Media reports and Facebook users identified Vancouver businessman Naguib Damji as the other Canadian victim.

Foreign Affairs in Ottawa also announced Sunday night that as a security precaution Canada's High Commission in Nairobi would be closed to the general public on Monday.

However, spokesman Rick Roth said staff would continue to provide emergency support to those who need assistance.

The attack that began Saturday dragged into Sunday, with 10 to 15 terrorists holed up inside the building with a number of hostages as Kenyan authorities mounted an operation to end the siege.

Somalia's radical Islamist rebel group, al-Shabab, claimed responsibility for the attack as retribution for the presence of Kenyan troops in Somalia.

THE CANADIAN PRESS

Somalian rebels

"Al-Shabab's despicable actions ... show that the fight against terrorism is the great struggle of our generation."

Foreign Affairs Minister John Baird

Recent attacks

- **October 2011-March 2013.** Al-Shabab staged several attacks that killed more than 60 people in retaliation to the Kenyan government's decision in October 2011 to send troops into Somalia to battle the rebels.
- **July 11, 2010.** Militants from al-Shabab detonated near-simultaneous blasts in Uganda's capital at sites where crowds were watching the World Cup soccer final on large TV screens, killing about 76 people.
- **Nov. 28, 2002.** Militants bombed an Israeli-owned luxury hotel near Mombasa, killing 13 people.

Rescue mission. 'Most' of remaining hostages saved: Kenyan officials

Kenya's military launched a major operation at an upscale Nairobi mall and said it had rescued "most" of the hostages being held captive by al-Qaida-linked militants during a two-day standoff that killed at least 68 people and injured 175.

At daybreak on Monday, however, about five minutes of sustained gunfire could be heard being fired out of the mall, a clear indication that at least one gunman was still free and that the standoff continued. And hours after Kenyan officials said most hostages had been released, no further updates were released by authorities. THE ASSOCIATED PRESS

The family of Naguib Damji posted his photo on Facebook Sunday, identifying him as the second of two Canadians killed in Kenya. FACEBOOK

Government of Canada | Gouvernement du Canada

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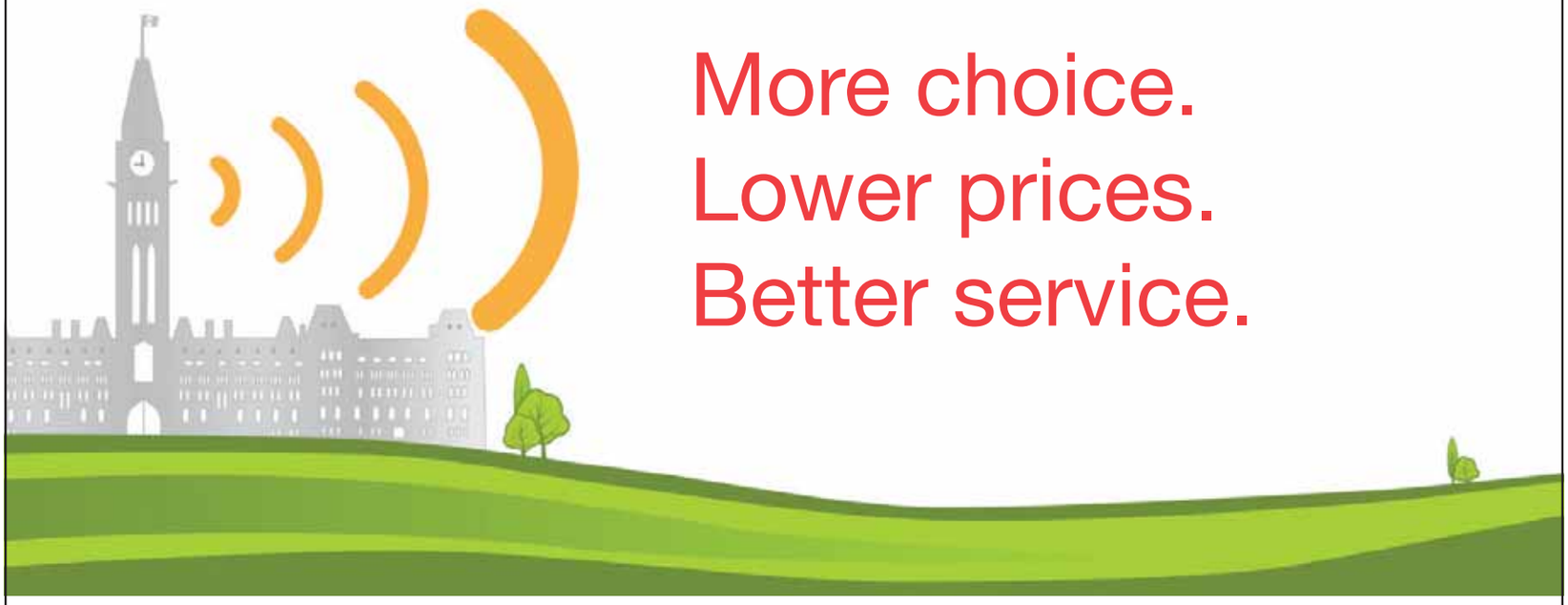

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Canada

Woman fights to reclaim home declared embassy

'Freemen-on-the-Land.' Growing movement of so-called sovereign citizens is raising concerns with authorities

An Alberta pensioner says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land, a growing movement of so-called sovereign citizens that is raising concerns with authorities both north and south of the border.

"I am an army of one," says Rebekah Caverhill at her home in Sylvan Lake, near Red Deer. "I've been beat up so badly by people that should be helping that I don't know where to turn."

Caverhill rented half a duplex she owns in Calgary's upscale Parkdale neighbourhood to a new tenant in November 2011 on the recommendation of a friend.

The renter, Andreas Pirelli, had recently moved to Calgary from Montreal and was a self-described handyman. She says he agreed to "spruce up" the property in return for three months of free rent.

A few months after Pirelli moved in, Caverhill went to inspect the work and she says she found the entire kitchen and bathroom had been gutted. All the doors inside had been removed and the floor of the master bedroom had been painted black, she says.

But Caverhill learned she had much bigger problems.

'Domestic terror'

- The Law Society of British Columbia and B.C. Notaries have both issued warnings about Freemen. In a bulletin last year, the society said the group may number as many as 30,000 in Canada.
- The FBI considers the movement a domestic terror threat in the U.S.

"He walks me to the door and he's yelling at me, 'I'm a Freemen-on-the-Land,'" Caverhill says. "I said: 'This is my house, not yours.' He said: 'No. This is an embassy house now and it's mine and you have no rights', so then he slams the door." THE CANADIAN PRESS

Rebekah Caverhill says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land. JEFF MCINTOSH/THE CANADIAN PRESS

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Holts gets lucky with Pharrell pop-up shop

Retail. Omnipresent producer celebrates 10 years of Billionaire Boys Club clothing line by visiting Toronto store

Pharrell Williams' products are shown at Holt Renfrew's Yorkdale store in Toronto on Saturday.
COURTESY GEORGE PIMENTEL/HOLT RENFREW

At 40, the perennially youthful Pharrell Williams could easily be mistaken for a man half his age as he continues to loom large behind the scenes and on the front lines as a sought-after hitmaker.

Williams is heading into fall riding the wave of a successful summer that saw him as a featured player on two ubiquitous hits. His smooth vocals coloured Robin Thicke's R&B anthem Blurred Lines and Daft Punk's disco-esque Get Lucky. Williams will soon be back in collaborative mode with Miley Cyrus, teaming up with the pop star on her new album Bangerz due out on Oct. 8.

In the meantime, the omnipresent hitmaker is marking a major milestone outside of music: The 10th anniversary of his Billionaire Boys Club clothing line which includes graphic tees, hoodies, board shorts and denim.

In celebration of the anniversary, he made a special appearance at Holt Renfrew's Yorkdale location in Toronto on Saturday where a pop-up shop inspired by Williams was launched by the retailer. Slated to be open until the end of October, the boutique features items such as hats, hoodies, tees and jackets from Williams' various clothing lines, which also include Bee Line, Billionaire Girls Club and BBC Black.

The retailer will also feature BBC X Holt Renfrew, a special collaboration of exclusive sweaters and T-shirts for both men and women with prices starting at $68.

"I don't know what engaged them or what left them engaged to do something with us, but we're certainly thankful," Williams said of the collaboration.

"As far as we know, we're just sort of doing the same thing, which is keeping our eye on the prize and being true as we can to the DNA (of the brand). It seems like this is one of the rewards that comes from that." THE CANADIAN PRESS

Celeb artifacts

Check out his stuff

Visitors to the shop will get to see some of Williams' prized personal possessions including a N.E.R.D action figure, Louis Vuitton sunglasses and a custom Swarovski hoodie. But he turned coy when asked about the symbolism behind the pieces included: "It'd be cooler not to describe them. I mean, I still want that element of, like, surprise," he said. "What we tried to do is instead of just making it a pop-up, it feels more like an installation."

Device durability. Don't drop that new iPhone

As Apple pitches its newest smartphones, users may find something lacking compared with last year's model: They could break more easily.

SquareTrade, a provider of protection plans for gadgets, tested five smartphones, including Apple's new iPhones 5S and 5C, to see if they could withstand drops, dunks and other common hazards. Its finding: The latest models aren't as durable as last year's iPhone 5.

The biggest loser, however, was Samsung's Galaxy S4, which failed to work after being submerged in water and being dropped five feet off the ground, SquareTrade said.

The phone that withstood SquareTrade's torture test best was Google Inc.'s Moto X. The Moto X is the first phone designed with the Internet company as Motorola's new owner. It's also the first smartphone assembled in the U.S.

SquareTrade found that the two new iPhones are not as durable as last year's iPhone 5. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Revenge. WikiLeaks leaks Fifth Estate screenplay

WikiLeaks has posted the script to The Fifth Estate and made its most forceful denunciation of the film about the site's creation and its colourful founder.

The whistleblower website posted a memo calling the movie "irresponsible, counterproductive and harmful." The DreamWorks film, which Disney will release Oct. 18, chronicles the birth of WikiLeaks with Benedict Cumberbatch playing site founder Julian Assange.

Assange has previously called The Fifth Estate "a massive propaganda attack." In a lengthy, point-by-point posting, WikiLeaks refuted the film's depiction of WikiLeaks, disputing everything from its suggestion that documents the site released put confidential sources in danger, to the idea that Assange dyes his hair.

"Most of the events depicted never happened, or the people shown were not involved in them," reads the posting. "It has real names, real places, and looks like it is covering real events, but it is still a dramatic and cinematic work, and it invents or shapes the facts to fit its narrative goals."

The WikiLeaks memo stated that it was judging the film from "a mature" script from late in production, not the finished film.

THE ASSOCIATED PRESS

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NDP NEEDED MORE THAN POSITIVITY

URBAN COMPASS

Paul Sullivan
vancouver@metronews.ca

Goodbye, Adrian. We hardly knew ya.

He was going to be our next premier, but a funny thing happened on the way to the ballot box. Adrian Dix and the NDP blew a 20-point lead in the polls and are condemned to spend the next four years in the wilds of opposition while Premier Christy Clark and company rule the roost.

So the inevitable happened and Dix fell on his figurative sword this week, leaving an open path to various leadership hopefuls, mostly also-rans in previous contests.

Maybe you're looking forward to November, when the New Democrats get to choose between Mike Farnworth, John Horgan or X, but I'm not sure most New Democrats are.

Before Adrian Dix scuttles off stage left, sword between his shoulder blades (he fell kinda funny …), he will have to endure the analysis of the pundits who need to establish a consensus based on 20/20 hindsight, which is accurate 100 per cent of the time. LOL.

The consensus appears to be that the NDP lost because it wasn't negative enough. And that Dix was chained to a positive strategy because if he started slinging mud, he'd be buried under a reciprocal pile for his own infamous forgery back in 1999, when he backdated a memo to make Glen Clark appear innocent of conflict-of-interest charges. Talk about a thankless task.

So it's all Adrian's fault, right? Well, it may be, but because he tried to run a positive campaign, whatever his motives? That's what voters want? More name-calling, tattle-tailing, misdirecting, self-righteous baloney? Really?

The NDP backroom analysts have done the math: Christy Clark's Liberals ran a negative campaign and they won. Therefore, negativity works.

I think they should check their math. Could it be that Dix lost because he clearly did not have an economic program, or if he did, he did a bad job of talking about it? To hear Dix tell it, the most important economic initiative would be better vocational training. Important, sure, but hardly the kind of driving narrative needed to overcome Christy Clark's relentless emphasis on jobs, families and the future.

People were waiting, listening, hoping for an alternative to the resource-extraction solution offered by the Liberals (it's all about liquid natural gas — now there's a winning platform for nine-year-old boys) but Dix never got to it. In fact, he got farther from it when he turned his back on the Kinder Morgan pipeline expansion into Vancouver without offering an alternative. And for a province still shaky from the 2008 recession, that wasn't good enough.

Negative, schmegative. If anything, Christy Clark ran a hyper-positive campaign, bustling around the province in her hard hat, fighting the campaign of her life. Sure, the Liberals threw mud at Dix, but they also threw goodies at the voters, whereas Dix offered … improved job training.

With any luck, the current consensus will crumble and the new leader will understand what "alternative" means. It means a better choice, not just another one.

I'm afraid, however, the NDP is about to serve up just another one.

ZOOM

Scary sky morning, alien warning

MARKO KOROŠEC/SOLENT NEWS

Menacing photo of UFO-like cloud

Storm chaser Marko Korošec, 31, captured this formation while in Tornado Alley, an area across Texas, Oklahoma and Kansas where tornadoes are most frequent.

METRO

A still of an alien spaceship arriving above New York City, which looks like a super-cell storm, taken from the 1996 action sci-fi movie Independence Day, starring Will Smith. COURTESY 20TH CENTURY FOX

Tornado Alley

- Located in the central plains between the Rocky Mountains and Appalachian Mountains
- The U.S. records about 1,000 tornadoes a year, the most in the world

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

The weather has taken a turn toward the cooler days of fall, so it's nearly time to put away the outdoor grill and start making heartier meals in the kitchen. If your skills have rusted a bit over the summer — or you're a complete noob — here's a few online destinations to help you get up to speed.

Feast:

As soon as you hit the home page, you're asked to enter your email address. If you're a beginner, sign up for the week-long Crash Course of easy lessons with a healthy side of humour emailed directly to you. Already capable of some entry-level kitchen wizardry? Take a shot at making kimchi in fermentation class or locking down the best way to gather some orange zest. (letsfeast.com)

America's Test Kitchen:

If you're ready to try your hand at some more complicated fare, the large catalogue of recipes, lessons and instructional videos available here are a domestic treasure trove. There's good stuff here for beginners, too. But it wouldn't be the best use of your membership dollars. (onlinecookingschool.com)

Culination:

OK, so this isn't an operating site. However, it is a very intriguing Indiegogo crowdfunding effort aimed at creating what it calls the "largest library of cooking lessons in the world," all accessible by a custom-built interactive platform. The perks for funders are an easy win if it reaches its potential. (indiegogo.com/projects/culination)

Comments

metronews.ca

RE: Campaign To Halt Peru Cat-Eating Festival, published Sept. 20

All in the name of religion, what does that say? Sad that they hid behind the rituals from a time when food was not available. We find this unpleasant because we have cats for pets. I am sure these people do not care what we think and will continue doing what has been brainwashed in their head under the banner of religion. **Tiggerthe cat posted to metronews.ca**

This falls under m.y.o.b., why should I impose my morality and ethics on these people for a totally ethnocentric behaviour? It makes about as much sense as them making us eat cats. **Peter Justice posted to metronews.ca**

Why do you assume it's more acceptable to eat cows and pigs? Not everyone agrees with your choices, either. **Michael Girouard posted to metronews.ca**

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

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Neil Patrick Harris, host of this year's Emmys, got some help early on by Jimmy Kimmel. GETTY IMAGES

Business not as usual

2013 Emmy Awards. Early surprises as best supporting actress Merritt Wever delivers 'best speech ever'

Julia Louis-Dreyfus claimed her second consecutive best comedy actress Emmy Award on Sunday for her role as an ambitious political second banana in Veep, with Jim Parsons claiming the top comedy acting trophy for The Big Bang Theory.

"This is so much good fortune it's almost too much to bear," said Louis-Dreyfus. "I'm very grateful to have the opportunity to make people laugh. It's a joyful way to make a living."

Parsons added to the awards he won in 2011 and 2010 for the role of a science nerd.

"My heart, oh my heart. I want you to know I'm very aware of how exceedingly fortunate I am," he said.

Merritt Wever of Nurse Jackie won the night's first award for best supporting actress in a comedy series, kicking off the ceremony on a surprising note and with a remarkably brief acceptance speech.

"Thank you so much. Thank you so much. Um, I got to go, bye," Wever told the audience after besting a field that included two-time winner Julie Bowen of Modern Family.

"Merritt Wever, best speech ever," host Neil Patrick Harris said.

Backstage, she offered an explanation: "I'm sorry I didn't thank anyone. I was going to cry."

Tony Hale of Veep claimed the trophy for best supporting actor in a comedy, a category that has been the property in recent years of the men of Modern Family.

"Oh, man. ... This is mindblowing; mindblowing," Hale said.

Robin Williams offered the first of five memorial tributes that were added to the traditional "in memoriam" group tribute.

"Jonathan Winters was my mentor," Williams said of the actor-comedian. "I told him that and he said, 'Please, I prefer idol.'"

On the red carpet, there were plenty of slit skirts, romantic lace overlays, graphic black-and-white combinations, strategic skin-baring slashes and tough-girl harnesses.

Claire Danes of Homeland wore a champagne-coloured beaded gown and Robin Wright of House of Cards was in a black silk-cady gown.

Other early winners included Tina Fey and Tracey Wigfield, who won for best writing for a comedy series for 30 Rock. THE ASSOCIATED PRESS

Girls creator Lena Dunham. FRAZER HARRISON/GETTY IMAGES

Homeland's Claire Danes. FRAZER HARRISON/GETTY IMAGES

Online

- For a full list of winners and more Emmy coverage, go to metronews.ca.

Review

Who: Ellie Goulding

Where: iTunes Festival

When: Sunday, Sept. 22

●●●●●

If there's a downside to having a voice as layered and multi-faceted as Ellie Goulding's, one that quickly takes different turns and is seemingly on multiple paths at the same time, it's the ever-present danger of it going off the rails.

But danger, of course, adds an element of excitement. In Sunday's performance, the U.K. electro-pop singer didn't fail to thrill, adding surprise at every bend while maintaining control of her most-unusual instrument.

Her emotive delivery on Joy, off her latest album Halcyon, was shiver-inducing, full of the sorrow one might expect from a song about the realization of a failed relationship, but then Goulding does an about-turn, giving strength to the line "watch me fall apart" that defies the fragile bird heard just a moment earlier. On her forlorn cover of Elton John's Your Song, her eyes shine with tears and her voice has what seems like just a hint of sarcasm during the chorus.

Halfway through her performance, Goulding picks herself up off the floor, figuratively speaking.

By the time she gets to Anything Can Happen, the sweaty singer is busting out moves that look like they were cribbed from a hop-scotch court, sounding like a high-pitched Stevie Nicks with bleating operatic flourishes, and infusing the crowd with the confidence of the track.

Things did get a bit messy at times, like during Under the Sheets, but overall Goulding proved herself, once again, to be one of the most interesting voices in pop music today.

EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Twitter

@rosemcgowan
a DJ just yelled at me. "Respect my Art!!" Bahaha. Ok, don't suck.

@JuddApatow
You know you've gained weight when everyone keeps telling you that you look like you've lost weight.

@ZacharyQuinto
am i back in tokyo?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Heigl's great to work with, now let me out of this basement

POP GOES THE WEEK
Malene Arpe
scene@metronews.ca

North of Hell's Patrick Wilson defends co-star Katherine Heigl against recent criticism that she's hell to work with and says, "She showed up, worked her tail off, super funny, super gracious, great to the cast, great to the crew, and was a total pro." He continues, "she gave everyone back rubs, bought us all new cars and raised the dead in her spare time. May I leave this basement now, Katherine? It's damp and I don't like it here."

Ben Affleck's 18-month-old son is photographed wearing a Batman T-shirt. Not to be outdone, Kris Jenner made Kendall and Kylie wear "successful talk show host" crotch-less panties.

Alexander Skarsgard says his team will beat Prince Harry's team on a charity trek to the South Pole. It's for charity. It doesn't matter who wins. Except, of course, if it's so cold Harry and Alexander have to snuggle to stave off frost bite and someone happens to film it, in which case we all win.

Leonardo DiCaprio will star in a Woodrow Wilson biopic. And if that doesn't finally get him an Oscar, he'll play some other historical figure no one's interested in and not win an Oscar for that either.

Demi Moore has reportedly started dating the father of a young ex-boyfriend. That's kinda weird and creepy, isn't it? Someone her own age?

Gwyneth Paltrow ALL IMAGES GETTY

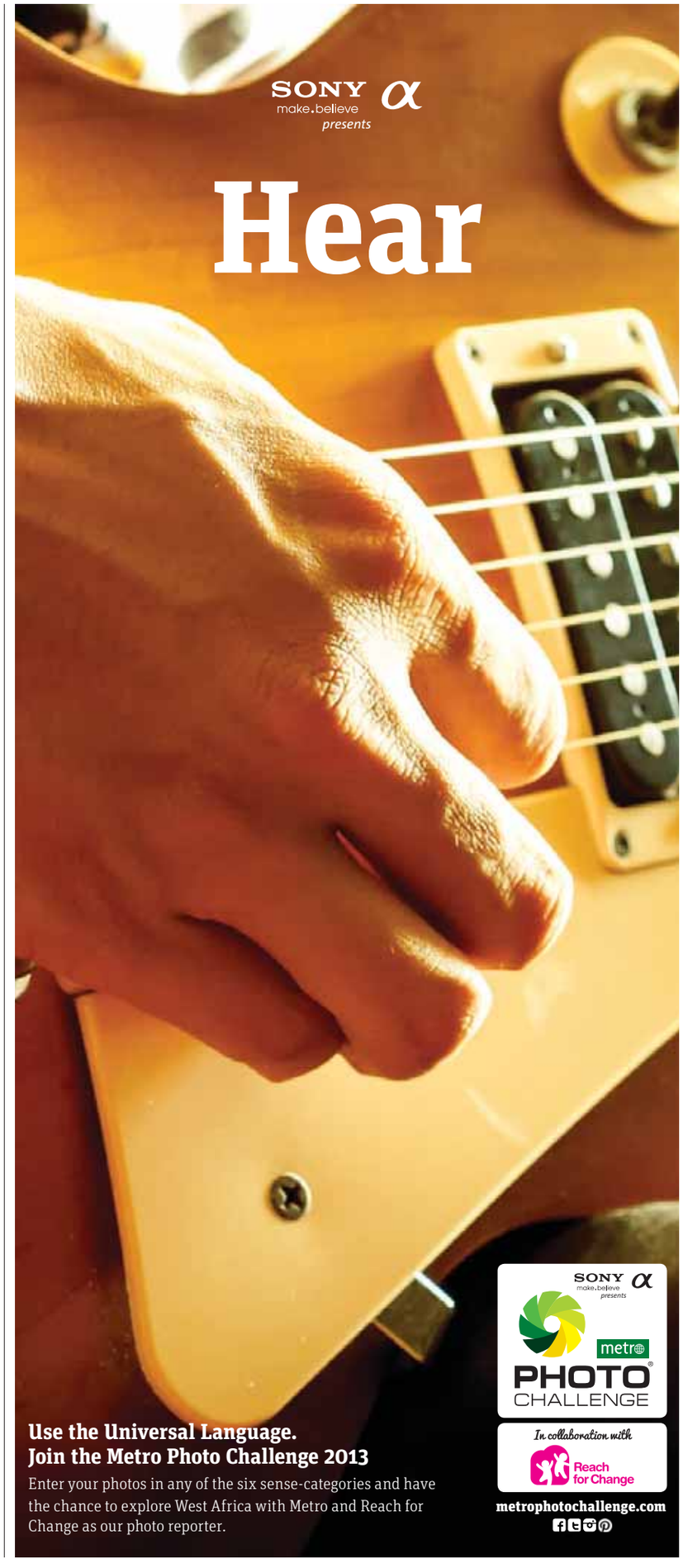
Who likes short shorts? Not Paltrow

Gwyneth Paltrow admits that being one of the only ladies in The Avengers meant some wardrobe choices she didn't quite agree with. While Scarlett Johansson's Black Widow donned a full-body catsuit for much of the film, Paltrow's Pepper Potts wore some more revealing Daisy Dukes. "That was mean, wasn't it?" she confides in E! News. "Why am I in cut-off shorts and everyone else is in a suit? That's not fair."

Chris Brown

I know I did a bad thing but so did Jay-Z!

Chris Brown has had a tough go of it as far as his public image is concerned ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it — especially compared to other entertainers like Jay-Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells Jet magazine. "He gets a pass."



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Travel bit

Avoid toddler plane hell

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forget the horror of Snakes on a Plane. If you're a parent, you know that the Terror of Toddlers on a long flight can be even scarier.

It starts with the looks you get from other passengers as you guide your careening youngster down the aisle, and they all cross their fingers, hoping you will not be their seatmate.

Maureen Dennis, founder of weewelcome.ca has been that mom — with four young kids — and shares expert advice after having covered many miles with many toddlers.

"When travelling with toddlers, never plan on them sleeping on the flight. You can hope and pray that they might but there is a very good chance you will be their sole entertainment for the whole flight, which is a challenge in a confined space," she says.

What works best? "Pack a tablet with a movie on it, crayons, playdough, small toys, books, stickers and drinks and snacks for a small village," advises Dennis.

Should you let them stretch their little legs? Dennis doesn't think so. "Leave the walking up and down the aisles for emergencies as toddlers don't understand the seat belt sign and you may end up with a meltdown on your hands trying to get them back in their seat."

KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, AVAILABLE FROM MCCLELLAND & STEWART AT BOOKSTORES EVERYWHERE.

Public shaming: the new time out?

Discipline. Putting your kid's bad behaviour on display for the world creates headlines, but disciplinary approach misses mark: experts

When it comes to curbing persistently bad behaviour exhibited by children, is shaming the new name of the game in parental discipline?

Scott Mackintosh recently offered a very public — and buzz worthy — lesson in modesty to his teen daughter, whom he felt was continually dressing inappropriately, by turning the spotlight on himself. The Utah father donned a pair of short-shorts and a "Best Dad Ever" T-shirt for a family night out, resulting in embarrassment for his daughter, pointing and strange looks from observers and the image of Mackintosh in the getup going viral.

Meanwhile, other recent headlines have shown parents putting the misdeeds of their kids — and subsequent punishments — on public display.

Earlier this month, a California mom punished her daughter for defying orders not to "twerk" at a school dance by making the 11-year-old stand at a busy intersection holding a sign informing onlookers of her actions involving the suggestive dance move.

Brandie Weikle, editor-in-chief of Canadian Family magazine, said in observing the parental shaming trend in social media, she has found it interesting to see how polarizing the comments are in response to the actions. "There's plenty of people that think: 'Way to go. That's a parent taking a risk or being firm' and they're in favour of it. I guess I'm personally a little wary of that approach," said Weikle, mother of two sons, aged six and 10.

"I would prefer more of a logical consequence, and I'm not certain that embarrassment is necessarily what logically follows from the supposed crime. I'm a bit more in favour of connecting what's gone on to, for instance, a loss of privilege or natural consequence that has unfolded from what the child has done wrong."

Psychotherapist and parenting educator Andrea Nair said when parents use shaming as a disciplinary tool, they may get their children to obey, but likely won't get kids to co-operate — and it could harm their relationship in the process.

"Ridiculing and shaming hurts," said Nair, co-founder of The Core Family Health Centre based in London, Ont.

"If a parent realizes they have hurt their child on purpose (they can go) back and then (do) relationship repair and they think of a plan (and say): 'I was really frustrated. Your behaviour is not appropriate, and I'm trying to find ways to make it stop, so can you help me out here? Let's find a way for this behaviour to change, but without us both needing to be mean to each other.'"

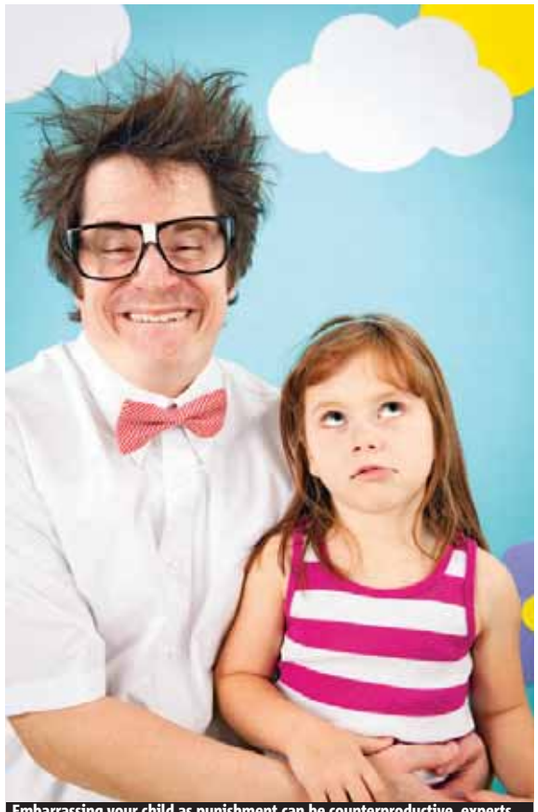
Nair said the more calm and reasonable adults are, the more they'll teach their kids to follow suit. And if they're meeting resistance, she said parents can adopt what she described as the either-or approach.

"You can say: 'Are you going to be able to get off this video game, or am I turning off the Wi-Fi and unplugging the computer. Which is your pick?'" said Nair. THE CANADIAN PRESS

What is discipline?

"...disciplining, at any age, is about correcting and guiding (your child) toward appropriate behaviour."

Peggy Drexler, research psychologist
in a Psychology Today article



Embarrassing your child as punishment can be counterproductive, experts say. GETTY IMAGES

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TTS

Gingerbread meets banana loaf

1. Heat the oven to 325 F. Spray a Bundt pan with baking spray.

2. In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

3. Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon, ginger, nutmeg and cloves.

4. Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean.

5. Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely. THE ASSOCIATED PRESS

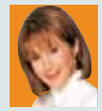
This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 cup buttermilk
- 2 eggs
- 1/2 cup vegetable or canola oil
- 6 very ripe bananas, mashed
- 1 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 cups bran
- 3 cups all-purpose flour
- 1 tbsp plus 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp ground dry ginger
- 1/2 tsp nutmeg
- 1 tsp ground cloves
- 1 cup finely chopped bitter sweet chocolate
- 3/4 cup finely chopped candied ginger

Healthy eating

Choose it and lose it



ROSE REISMAN
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Ribs and chicken are both favourites for many people but one is clearly a better choice.

Rack of pork back ribs with barbecue sauce

1,440 calories / 86 g fat

Stick to a couple of ribs as an appetizer, never a meal. You're getting a day's worth of calories and fat, all of which is saturated.

Equivalent

One rack of pork back ribs with barbecue sauce is equal in fat to two packages of cooked Maple Leaf bacon.

Half grilled chicken with skin (Swiss Chalet)

530 calories/ 42 g fat

Even half a grilled Swiss Chalet chicken saves you more than half the calories and fat than the ribs.

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First the alphabet, then the world

Decision time. Book on college acceptance race was inspired by author's own experiences: she signed her baby up for preschool too late

As a post-secondary school counsellor, Lacy Crawford thought she understood how students and their parents were driven crazy by the application process — until she had a baby. Crawford says that as soon as she was "late" to sign her four-month-old son up for preschool, she truly felt what it was like to walk in the shoes of the parents she'd been advising. That experience became her novel, Early Decision, which follows a top-tier counsellor and her students through the head-spinning frenzy of applications. We asked Crawford about walking the line between fiction and memoir for her debut novel.

How did you find the characters in the book?
All of the stories in Early Decision are based on things that happened. There were interactions between parents and students that really troubled me, that I couldn't get out of my memory and I wanted to try to understand them. I also wanted to write them in a fun way — it's a satire. It's accessible, and it's meant to let parents and students see what this process is doing to us.

So what do you feel the process is doing to us?
I think (the application process) puts the emphasis on getting in rather than growing up. So, I had the characters begin with their essays (the book features college essays from Crawford's fictional students) and I wrote their essays and then I figured out who their parents were and went from there.

It sounds like you're a little bit skeptical about the application process. Is that true?
I'm not an education expert — my experience is only anecdotal, but I think the process privileges the very privileged, the rich kids who attend private schools all the way through, or public schools in towns that have the really good schools. Those are the kids who know what they're competing for and how to compete for it. At the other end of the spectrum, there are underserved young people who, when they can perform, the top colleges are desperate for them. If you are an ethnic minority coming out of a top (or a terrible) public high school and you have great scores, ivy leagues will fight each other for you. In the middle are hundreds of thousands of kids, maybe millions — lots and lots of kids who are good, bright kids, coming out of middling high schools (that) haven't given them the resources they need to know what colleges are out there. And their parents are maybe working full time and maybe not obsessed with Yale, so they don't have the time and the resources to figure out how to give their kids all the boosts that the rich kids are getting.**What are your feelings about your own kids and college?**
My fantasy for my boys is actually a fantasy for myself. I hope that by the time they are 17, I am so confident of their character and so sure that they know their own hearts that I will be able to support whatever decisions they make.

Mixed priorities

"I think (the application process) puts the emphasis on getting in rather than growing up."
Post-secondary school advisor Lacy Crawford

Does the higher learning application process favour rich kids? ISTOCK

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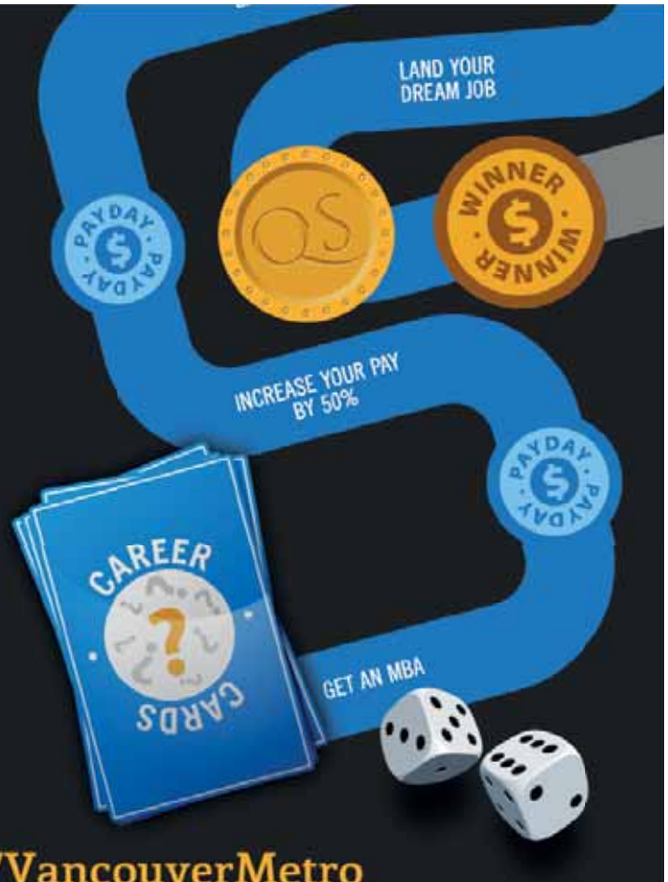

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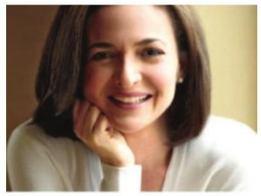
Forget trying to have it all — pick a passion instead

Your best life.
Women need to make choices and not pursue perfection

MEREDITH ENGEL
Metro World News in New York



LEAN IN
WOMEN, WORK, AND THE WILL TO LEAD

The ongoing debate about the modern career-minded woman was brought to the forefront again with the release of Sheryl Sandberg's Lean In: Can women really have it all? The perfect home, the darling children and the bustling career — can they be successfully juggled? And why is "having it all" a problem only women seem to have?

At a New York Women in Communications panel discussion on female leadership last week, women at the top of their game offered their opinions on the matter and advice for women trying to balance it all.

"You can't expect perfection," said Cathie Black, the former chairwoman and president of Hearst Magazines (who, by the way, abhors the phrase "having it all"). She referenced Oprah Winfrey's popular "Live your best life" quote, noting the importance of the word "your" in there.

"Life is about imbalance," she added. "There are choices you make."

One of those choices might be accepting that you can't do it all. Jeanine Shao Collins, executive vice-president and chief innovation officer of Meredith 360, recommended that future leaders "be willing to delegate, and be OK with it." And Black added that hiring a nanny to watch the kids isn't going make them forget who their parents are.

Tips from a pro

Cathie Black is one of the most respected bosses in the biz. Take her advice and watch your career soar.

- **How to ask for a raise.** "You have to have a reasoned approach," she says. "'I need more money' — that is not my problem. Look at the results: Have you done the job really well? Then you can ask for something."
- **Stand out in meetings.** Black calls the corner seat "the dead zone of the table." Speak up! "If you are going to show up, you are not a visitor — you are a participant."

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May I have your attention, please?

Stay focused. A few simple exercises can help increase your child's concentration

There can be plenty of distractions in a classroom — arm your child with a few tricks to help block them. ISTOCK

Most students could maintain their focus if asked to complete a single activity in a quiet room by themselves. But put 30 children in a room together, and as the noise level increases, ability to concentrate decreases, and attention wanders.

A dropped pencil, a sneeze, a giggle, a bird outside the window — the list of distractions in a typical classroom is endless. Many parents and teachers might be forgiven for concluding that a child has Attention Deficit Disorder (ADD) if they are unable to remain focused, but it's possible many students simply have not been taught how to pay attention.

Nick Whitehead, the CEO of Oxford Learning, says that the increased number of children diagnosed with ADD may not necessarily mean that more children have attention deficits, but that we are not teaching our children the learned behaviour of paying attention.

"In addition to measuring and testing kids for attention deficit, we need to reconsider our lifestyles and the ways we teach children," he explains.

"Many kids can't pay attention because they have not been taught the skill of concentration. I am not trying to claim that attention deficits do not exist, however, many kids who have trouble paying attention do not have ADD. They merely have a short attention span."

Whether your child has been professionally diagnosed, or could simply benefit from better concentration skills, these tips can help all students remain focused and learn better:

Play the attention game. Teach and remind your child to be mindful/self-aware.

Use a cue. Say the child's name first to get his/her attention before giving directions.

Establish routines. Schedule consistent homework/study times and spaces.

Clear the clutter. Within a dedicated workspace, get rid of distractions (TVs, phones, radios, etc.).

Demonstrate. When teaching new tasks, demonstrate them. Repeat as necessary. Be patient.

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Lions quarterback Thomas DeMarco threw for 208 yards on 18 of 33 passing against the Roughriders in Regina on Sunday. LIAM RICHARDS/THE CANADIAN PRESS

DeMarco ... Polo! QB finds groove late

On the rebound. Lions pivot rallies in second half to help set up McCallum's winning FG

Thomas DeMarco's encore performance Sunday went considerably better than his first.

Making his first CFL start, the B.C. Lions quarterback threw two second-half touchdowns and helped set up Paul McCallum's game-winning field goal with no time on the clock as the Lions took over second place in the West Division with a 24-22 win over the Saskatchewan Roughriders.

On Sunday

Lions	Roughriders
24	22

DeMarco was pulled from the game midway through the second quarter in favour of Buck Pierce but returned to start the second half.

The win was the second straight for B.C. (8-4) while Saskatchewan (8-4) lost its third in a row.

"I have a lot of great people on the sidelines right now," said DeMarco, who started in place of the injured Travis Lulay. "Travis was very calm. Buck was very calm. Joey (Elliott) helped me out as well.

"The biggest thing is just to keep you calm and help you with seeing the field. They really helped me out today and allowed me to talk through things and we got the victory at the end."

DeMarco made up for a shaky first half with the Lions trailing 12-6 early in the third quarter when he hit Nick Moore with a 43-yard touchdown strike.

The Lions got the ball right back when Saskatchewan quarterback Darian Durant fumbled for a second time.

DeMarco threw a 20-yard TD to Shawn Gore to make it 20-12 and McCallum then kicked an 84-yard kickoff single to extend the lead to nine.

Durant threw an eight-yard touchdown to Weston Dressler with 38 seconds left to make it 22-21 as the Roughriders appeared poised to overcome two costly fumbles and snap their losing streak.

But Marco Iannuzzi returned the kickoff 28 yards and DeMarco passed for a pair of key first downs to set up McCallum's winning kick from 42 yards out. THE CANADIAN PRESS

MLS

Ousted produces footage for highlight reel

It's like a switch has been flipped.

The Vancouver Whitecaps, with a completely unforeseen 3-0 win over the Montreal Impact, have produced back-to-back clean sheets.

It's a stark contrast from earlier in the month, when the Vancouver side allowed a combined five goals in two games.

David Ousted, whom the Whitecaps acquired in June, took on a healthy dose of the criticism, and rightfully so after allowing two late goals — including one from long range that soared over his head — in a loss to FC Dallas.

David Ousted
GETTY IMAGES FILE

On Saturday, in the Whitecaps' biggest game of the year, as they continue to cling to a hope of making the MLS Cup playoffs, Ousted came up with six saves — all in the second half and many of the highlight variety.

"There were a few spells where we came under some pressure for him to make saves and he did," said head coach Martin Rennie.

"It's certainly a big moment for us and gives us something we can build on when we come back home."

The Whitecaps remain in sixth in the Western Conference, and are four points back of the Colorado Rapids for the fifth and final playoff spot.

The Whitecaps host Real Salt Lake this Saturday at BC Place stadium.

CAM TUCKER/METRO

Kassian, Weise face disciplinary hearings

A pair of Vancouver Canucks wingers will have hearings with the National Hockey League's disciplinary office on Monday.

Zack Kassian was assessed a double-minor for high sticking when he recklessly swung his stick around after missing a body check, catching Edmonton Oilers forward Sam Gagner in the mouth.

Gagner lost some teeth and the club announced he had suffered a broken jaw as a result of the impact. According to TSN's Bob McKenzie, Kassian's hearing is in person.

Lain sent down

The Canucks made a small roster reduction on Sunday. Forward Kellan Lain was assigned to the Utica Comets in the American Hockey League.

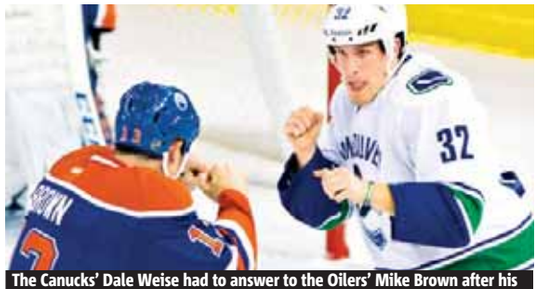
Earlier in the game, rugged winger Dale Weise caught Taylor Hall with a shoulder check high on the Oilers forward and was assessed a minor penalty for an illegal check to the head.

Weise was forced to answer for the hit, fighting Edmonton's tough guy Mike Brown once he left the penalty box.

The Canucks lost the game 5-2 and have now dropped their first three exhibition games.

The Canucks continue the pre-season Monday, when they host the Phoenix Coyotes.

CAM TUCKER/METRO



The Canucks' Dale Weise had to answer to the Oilers' Mike Brown after his hit on Taylor Hall in Edmonton on Saturday. JASON FRANSON/THE CANADIAN PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Better times are just around the corner but although you may believe that, a friend or colleague does not, and you must make an effort to convince them. Their happiness is tied to yours.

♉ Taurus
April 21 - May 21
Sudden changes will be the norm over the next few days. The planets indicate that nothing can harm you so long as you stay calm and refuse to be rushed.

♊ Gemini
May 22 - June 21
Why sit around waiting for people you hardly know to make decisions which affect your life? Your life is what you choose to make of it.

♋ Cancer
June 22 - July 23
Stop feeling sorry for yourself and start looking for ways to improve your life. you have to work harder for less reward for a while but think of it as an investment. The tide WILL turn

♌ Leo
July 24 - Aug. 23
You may be of the opinion that a partnership that has been causing you grief is no longer worth the effort but don't give up on it. The planets indicate it is about to surprise you, in a nice way.

♍ Virgo
Aug. 24 - Sept. 23
You may feel that you are destined for bigger and better things and you may be right but it won't happen as if by magic. Determine your number one priority today – then go for it to the exclusion of everything else.

♎ Libra
Sept. 24 - Oct. 23
If you wish for something hard enough today there is every chance that your wish will come true. The planets indicate this is your time of year and extraordinary things can happen – so wish away.

♏ Scorpio
Oct. 24 - Nov. 22
Don't let what other people are doing distract you from what you should be doing. Yes, it may seem that they are having more fun but in the long-term what's more important to you, having fun or making money?

♐ Sagittarius
Nov. 23 - Dec. 21
You may be eager to show what you can do but try waiting until later in the week before pushing yourself to the front of the stage.

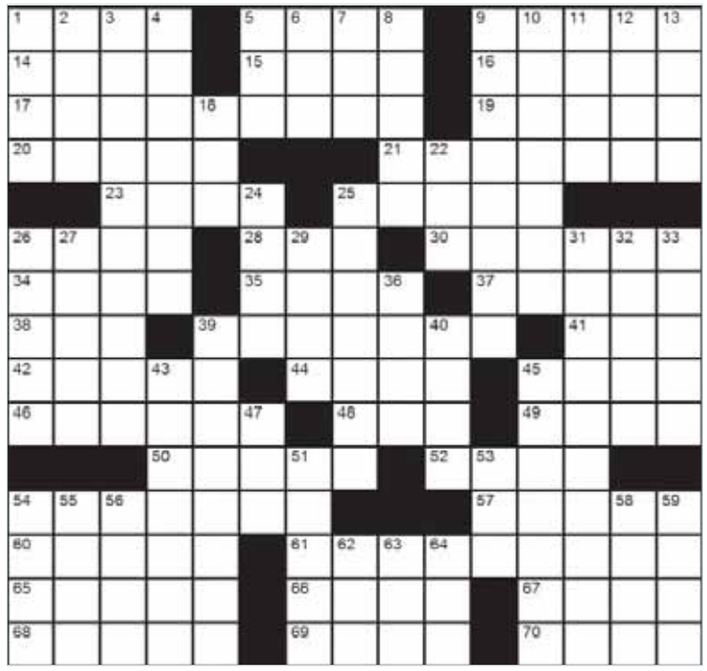
♑ Capricorn
Dec. 22 - Jan. 20
The best way to change the world is to change your own attitude. It's not really the world "out there" that is the problem but the world you create inside your own head.

♒ Aquarius
Jan. 21 - Feb. 19
You may be upset that something did not work out the way you wanted it to but over the next few days you will realize it was for the best. New opportunities will arise.

♓ Pisces
Feb. 20 - March 20
In some way or other you are still trying to hold back the tide, even though you know it cannot be done. The time has come to accept that you must move with the times, because the times won't move with you. SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



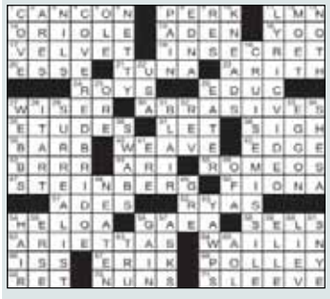
Across

1. Police dept. rank
5. Skedaddle
9. Feminine 'this' in French
14. Lion's mane part
15. Marsh plant
16. "__ Pearl" by 54-40
17. Douglas __ (Second husband of the Canadian actress at #9-Down)
19. Dennis of movies
20. "Blame It __ __" (1984) starring Michael Caine
21. Every bit as
23. Hero
25. Pasted
26. 9:00_ _ __ 5:00pm (Office hours)
28. Wood sorrel
30. Conflicting: 2 wds.
34. Bankruptcy reason
35. Boring
37. Handle in the hospital
38. Pathway, for short
39. Mont-Saint-__, Quebec
41. Passed in 1867, it made Canada [acronym]
42. Not napping
44. "__ _-Team" ('80s series)
45. Crooned
46. Planets
48. Ship's stern
49. Amounts [abbr.]
50. Off to _ __ start
52. Spanish 'water'
54. Greek Myth: Slayer of Medusa
57. Actress Ms. Ward's
60. __ Harp
61. Play poker one on one: 2 wds.
65. Engraved head necklace piece
66. Fluish feeling
67. British band, __ Shaker
68. Informal-style of wording
69. Judge Judy's garb
70. Lovestruck, olde-style

Down

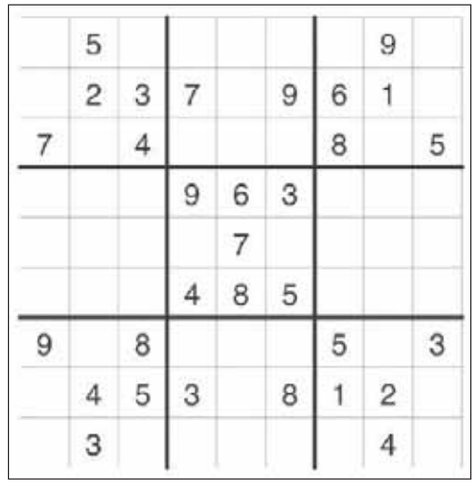
1. Data
2. "Wavin' Flag" by K'__
3. British Columbia's provincial mammal: 2 wds.
4. Green hue
5. Monk's title
6. DWTS judge
7. "Mouse!"
8. Bygone car
9. 1929 film for which Mary Pickford won an Academy Award for Best Actress
10. South American country
11. Greenish-blue
12. Cat part
13. Complete-ish
18. "Surprise!"
22. Sine __ non (Essential thing)
24. CCR tune
25. Sir of the Round Table
26. "It's _ __!" (Tied game exclamation)
27. "Love __ Times" by The Doors: 2 wds.
29. Religious sect
31. 'Let Go', for Avril Lavigne in 2002: 2 wds.
32. Mr. DeVito
33. Pre-weddings parties
36. Willingly, to a poet
39. Video game, Sonic the __
40. Proportionately, Pro __
43. Canadian speed skating great/Olympian, Cindy __
45. Makes mouse noises
47. Old French coin
51. Academy Award
53. Prime meridian std.
54. Photos
55. 'Fed' suffix
56. Terza __ (Italian verse form)
58. "__ _ Wanna Do" by Sheryl Crow
59. Musical chairs goal
62. Past
63. Wipe
64. Canadian comedian Gerry

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

5	3	4	6	2	7	9	8	1
7	6	9	4	8	1	2	5	3
8	2	1	5	3	9	6	4	7
2	9	5	1	7	4	8	3	6
6	4	3	9	5	8	7	1	2
1	7	8	3	6	2	4	9	5
9	5	2	8	1	6	3	7	4
3	8	7	2	4	5	1	6	9
4	1	6	7	9	3	5	2	8

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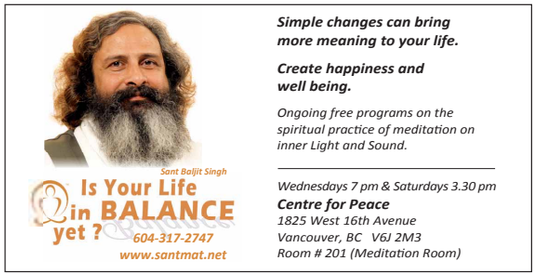
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FREIGHT DAMAGED
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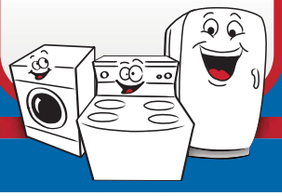

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